



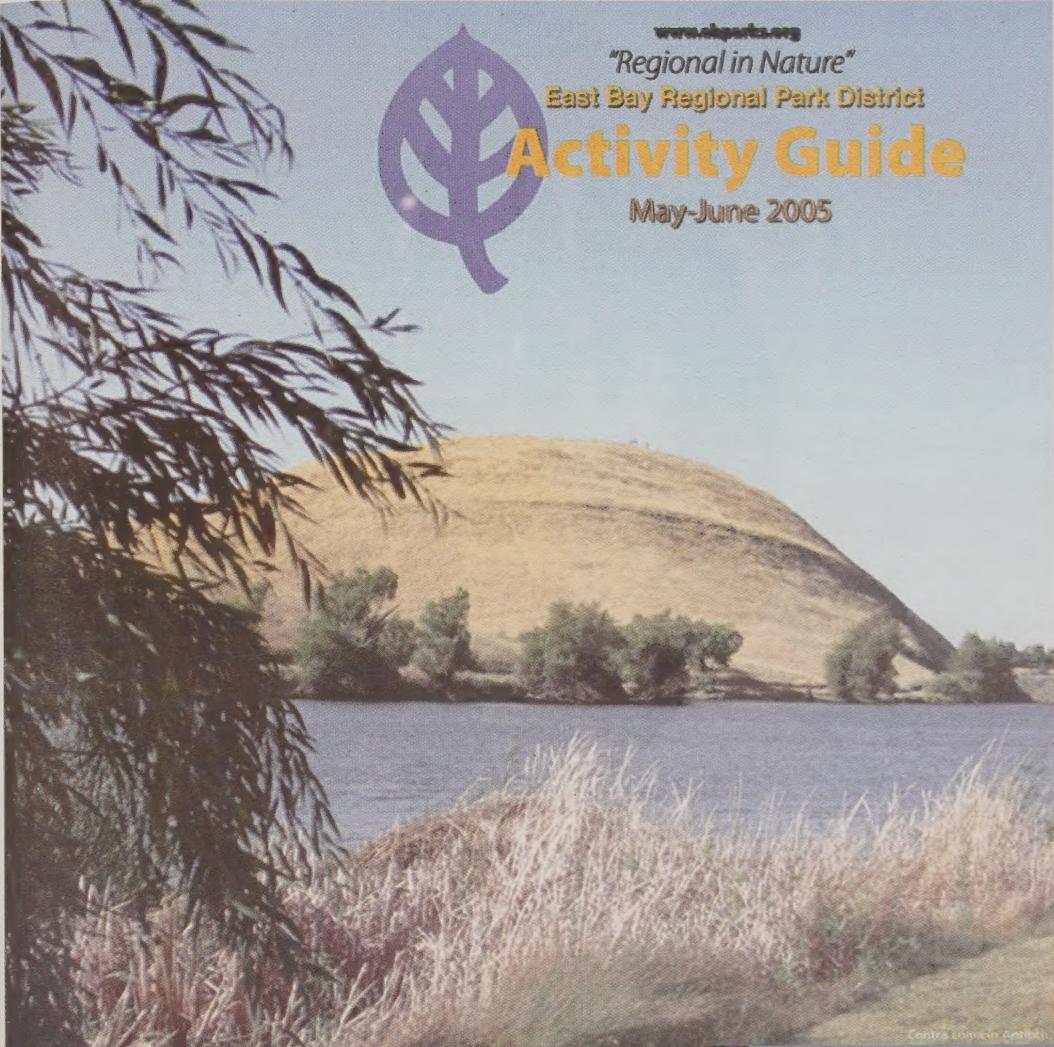
www.ebparks.org

"Regional in Nature"

East Bay Regional Park District

Activity Guide

May-June 2005



Contra Loma in Antioch

Regional Parks Swim Areas

Contra Loma, Antioch
Cult Creek, Castro Valley
Don Castro, Hayward
Del Valle, Livermore
Lake/Anza, Berkeley
Quarry Lakes, Fremont
Shadow Cliffs, Pleasanton
Temescal, Oakland
Plus Roberts Pool in Oakland



User survey measures trail use, conflicts, satisfaction

Users give District trails high marks, suggest improvements

The East Bay Regional Park District manages over 1,100 miles of trails with over 14 million park visits per year. Nearly 80 percent of trails are multi-use, meaning they are shared by hikers, bikers, dog walkers, and equestrians.

To get a better feel for who is using the trails and why, the East Bay Regional Park District's Board Operations Committee initiated a trail use survey, which took place last summer.

The goal was to determine typical use patterns, nature and frequency of trail use conflicts, and overall visitor satisfaction.

Over 1,649 trail users responded during a 10-week period at 20 different trail locations.

The Park District was very pleased with the results—97 percent of respon-

dents said they were "somewhat to extremely" satisfied with the trail system.

Most respondents lived nearby, came often, and cited health and nature enjoyment among their reasons for visiting. Over 40 percent enjoyed the trail system with their dogs.

Respondents listed convenient locations, good terrain, and aesthetic quality as the top reasons for using a particular trail.

Of course, there is always room for improvement. Suggestions made by trail users included better trail maintenance, more restrooms, and better signage including mile markers.

Reported trail conflicts are always a concern to park staff. Findings showed that over 21 percent of respondents reported being involved in or observing

some form of conflict with other trail users, most often citing dogs off leash and speeding bicycles.

Thanks for your help

The information gained from these surveys is most valuable and the Park District Operations Division thanks our 2004 summer interns for their hard work in collecting the data, and our park visitors for taking the time to answer this survey.

The results will go a long way in the Park District's continued efforts to offer an enjoyable park experience for all.

If you would like to read more or take a look at the actual survey and summaries of the results go to the Park District's Downloads page at www.ebparks.org/resources/resources.htm#trails.



These walkers are making quick work of the Castle Rock Trail in Diablo Foothills Regional Park. They are part in the ongoing Wednesday Walks hiking program, which offers opportunities to discover new parklands each month, along with something of the featured park's natural and cultural history. See page 9 for May-June Wednesday Walks.

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General Info/Free Brochure:	(510) 562-PARK
Camping Reservations:	(510) 562-CAMP
Picnic Reservations	510) 636-1684
Naturalist Program Reservations	(510) 636-1684
TDD	(510) 533-0460
Website.....	www.ebparks.org

chabot space science center

Chabot Space and Science Center offers hands-on interactive exhibits, planetarium shows, large format films and powerful telescopes. Make it a family day with a visit to the Center, followed by a picnic and a swim in nearby Roberts Regional Recreation Area.

Advance tickets call (510) 336-7300

10000 Skyline Blvd., Oakland, CA 94619
Joaquin Miller Road exit off Highway 13, left on Skyline Blvd.

www.chabotspace.org

East Bay Regional Park District is a partner with Chabot Space and Science Center

EBRPD Board of Directors

Jean Siri, Ward 1
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Ted Radke, Ward 7
Pat O'Brien, General Manager

Survey results in brief...

- Exercise and nature enjoyment were major motivators for visiting the Park District.
- Top responses for visiting the trail system: dog walking 34%, hiking 32%, running 13%, biking 11%
- 77% traveled less than 5 miles to get to the park; 13% traveled less than 1/2 mile.
- 97% surveyed said they were "somewhat or extremely satisfied"
- 8% of visitors were over 65
- One third of the respondents lived in the East Bay for over 25 years, nearly 20% lived here for less than 5 years.

Summer Day Camp Directories are Here!

Each year, the East Bay Regional Park District collaborates with many day camp providers to offer summer programs throughout the parks. Day camps are available for kids ages 5 to 15. But hurry, they fill up fast. To get your 2005 Day Camp Directory, call 510-544-2510.

And don't forget about the Park District's own Park 'n It Day Camp. This is the third year for this very successful summer program, which offers a unique park experience every week from exploring an estuary to spending time on a farm. The camp is

geared toward children entering 1st through 8th grades. Our popular Open Water Junior Lifeguard program is in its 11th year at six East Bay lakes. For 9- to 15-year-olds, junior lifeguards are taught valuable lifesaving skills with hands-on experience using lifeguard equipment. The focus is always on healthy exercise and plenty of fun. For more information about these programs, • call 510-636-1684
• sign up online at www.ebparks.org and look for "WebReg". Financial assistance for summer day camps is available from the Regional Parks Foundation.

WALK IN THE PARK A FAMILY HEALTH & LIFESTYLE EXPO

2nd Annual

FREE

Saturday, April 30th,
2005
10am-3pm
Quarry Lakes
Regional Park
In Fremont,
off I-880 at
Decoto Road.



Kick off the
2005 Trails Challenge
with a
Family Fun Walk!
(on-site
registration will be
available)

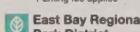
LIVE Musical Entertainment!

Starring Lalaine from
"The Lizzie McGuire Show"
Featuring "The King of the Twist"
Chubby Checker

Meet Bay Area Sports Stars

Oakland A's World Series MVP Dave Stewart - NBA Hall of Famer Nate Thurmond
Legendary Superbowl MVP Quarterback Jim Plunkett

Parking fee applies



25 years of bay exploration at Crab Cove



The Crab Cove Visitor Center is celebrating its 25th year of operation. The facility, specializing in interpreting bay ecosystems, last year kicked off its spring reopening using all new exhibits and an aquarium with leopard sharks.

Crab Cove Visitor Center celebrates its 25th anniversary and World Environment Day on Sunday, June 5, from 11 a.m.-4 p.m., with a fun-filled day devoted to environmental education, hands on activities, and entertainment.

KFRC Oldies station 99.7 will provide the musical entertainment, and an environmental resource and craft fair

Get Ready!
Get Set!
Get Fit!

The Trails Challenge is Here

Sign-up today for the May Marathon and Trails Challenge. This is the 12th anniversary for this popular self-guided program where participants receive a trail guide featuring 20 of the best trails ranked by staff, volunteers, and park visitors.

The Trails Challenge "challenges" participants to complete five of these trails by the end of the year.

The May Marathon asks participants to complete 26.2 miles (same distance as a marathon!) by June.

Nearly 2,000 hikers, bikers, and equestrians took the Trails Challenge last year.

Short-sleeved T-shirts for the Trails Challenge and long-sleeved ones for the May Marathon will be mailed with the guidebooks. All participants also receive a special gift and pin upon completing their challenge. Your 2005 hiking guide and T-shirt will be mailed to you in mid-April.

The cost for this program is \$12 for the Trails Challenge and \$17 for the May Marathon. There is a \$1 savings for additional family members.

To sign-up family members, call our Reservation Department at (510) 636-1684. The discount is not available with on-line Trails Challenge registration.



will feature environmentally friendly agencies, businesses, and artists.

Crab Cove is one of the Park District's nine interpretive centers and one of the few museums in the East Bay that focuses solely on interpretation of the marine environment. It was established in 1980 to educate the public about marine life and its survival.

Crab Cove is located at 1252 McKay Avenue in Alameda.

Swim season brings lake, bay, pool swimming

Splash into summer at one of eight lakes operated by the East Bay Regional Park District.

Three chlorinated swim lagoons include those at Contra Loma Regional Recreation Area in Antioch, Cull Canyon Regional Recreation Area in Castro Valley, and Don Castro Regional Recreation Area in Hayward.

Swim lakes include those at Del Valle Regional Park south of Livermore, Lake Anza in Tilden Regional Park in the Berkeley hills, Horseshoe Lake at Quarry Lakes Regional Recreation Area in Fremont, Shadow Cliffs Regional Recreation Area in Pleasanton, and Temescal Regional Recreation Area in Oakland. Or, swim in the redwood grove at Roberts Pool in the Oakland hills. Bay swimming is available at Crown Beach in Alameda and Keller Beach at Miller/Knox Regional Shoreline in Richmond.

Beach access fees range from \$3 to \$3.50 depending on location. Beginning in May, most lakes are open for swimming on weekends, and open every day beginning Memorial Day weekend. Lifeguards are on duty 11 a.m. to 6 p.m. during swim season. For more information, see "Swimming" at www.ebparks.org.



Take Your Kids Fishing on **Family Fishing Days**
The East Bay Regional Park District and
Urban Park Concessionaires offers Family Fishing Days at
Lake Del Valle outside Livermore
May 21, 2005 starting at 8 a.m., and
Lake Chabot, Castro Valley
June 4th starting at 8 a.m.

Fishing instruction, giveaways (including a free ABC's of Fishing coloring book), loaner tackle, and a fun fishing contest with prizes. These events are free with a per vehicle parking fee of \$6 at Del Valle and \$5 at Lake Chabot.

A State fishing license is required for anyone 16 and older, except on California's Free Fishing Days, June 11 and September 24, 2005.

A State license can be purchased at the marinas.



East Bay Regional Park District



7th Annual Ardenwood Celtic Festival

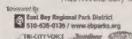
SATURDAY, JUNE 11, 2005
10:00 AM 'TIL 5:00 PM

Featuring...

Tempest
Druid Sister's Tea Party
Peter Daldry
Imperial Pipe Band
San Francisco Scottish Fiddlers
Belly Dancing & Gypsy Camp
Clydedale Draft Horses
McBride Irish Step Dancers
United British Car Club
Saint Gyles Royal Court
Ethnic Food & Vendors
and a Host of Children's Activities

WEe HAND PRODUCTIONS in association with
EAST BAY REGIONAL PARK DISTRICT

ARDENWOOD HISTORIC FARM
34900 Ardenwood Blvd., Fremont
Phone: 510-798-0665 for more information
OR SEE www.ebparks.org
Admission Adults (18+) \$9.50, Seniors (62+) \$6.50,
children (4-17) \$5.00, 3 and under FREE.
FREE PARKING. Sorry, no dogs.

Sponsored by
 East Bay Regional Park District
510-635-4170 www.ebparks.org
TR-ACCESS



EAST BAY REGIONAL PARK DISTRICT

AND

KAISER PERMANENTE

are proud partners in 2005
with the mutual goal of
promoting health and fitness.



Health Matters

No one can prescribe the perfect fitness plan for you. You have to figure it out based on what you enjoy doing and what you will continue to do. Consistency is the most important, the most basic, and the most often neglected part of fitness. Consistency in regular exercise or moderate activity delivers all of the fitness benefits.

A good fitness plan has 3 parts: aerobic fitness, muscle strengthening, and flexibility.

Aerobic Fitness

Aerobic conditioning strengthens your heart and lungs. Good aerobic exercise includes brisk walking, running, stair climbing, biking, swimming, aerobic dance, or anything else that raises your heart rate and keeps it up for a while.

Muscle Strengthening:

Strengthening your muscles improves your work and athletic performance and prevents fatigue. Muscle strengthening exercises will also improve your posture and help you feel more energetic. Resistance training with free weights, weight-training equipment, or inexpensive rubber tubing, can quickly increase your muscle strength.

Flexibility:

Stretching can increase your range of motion and reduce stiffness and pain. Stretching is particularly important during the cool-down phase after exercising when your muscles are warm.

To learn more about nutrition and fitness, talk to your doctor or nurse practitioner, or visit the local Kaiser Permanente Health Education Center.

Kaiser Permanente is a major sponsor of the Park District's 2005 Trails Challenge. To learn more about getting in shape and healthy lifestyles, including The 10,000 Steps® Program, log onto Kaiser Permanente at www.kp.org (you do not need to be a member of Kaiser to join these programs).

AQUATICS

ROBERTS POOL

Roberts Pool in Oakland offers American Red Cross swim lessons with 4 to 6 students per instructor, with emphasis on personal safety and fun. Refer to the skill level descriptions below to determine placement, then check session dates and times for availability.

Registration required: (510) 636-1684
Phone: walk-in, mail-in, and on-line registration accepted.

SKILL LEVEL DESCRIPTIONS:

Parent and Me—for children 6 months to 5 years, must be accompanied by an adult in the water; designed to help children become comfortable in the water so they are ready to learn to swim. Parents learn teaching skills to assist their children. No pre-requisite.

Level I—Water Exploration: for age 5 and older; skills include bobbing, supported floating, blowing bubbles, kicking, and personal safety. No pre-requisite.

Level II—Primary Skills: skills include unsupported floating, kicking, finning, combined arm/leg locomotion, turning back-to-front and front-to-back, and personal safety. Pre-requisite: Level I skills.

Level III—Stroke Readiness: skills include object retrieval, jump/diver recovery, front/back crawl stroke, elementary backstroke kick, tread water, and personal safety. Prerequisite: Level II skills.

Level IV—Stroke Development: front/back crawl and elementary backstroke; introduction to breast stroke, side stroke, standing front dive, open turns at walls, rescue breathing, and CPR. Pre-requisite: Level III skills.

Level V—Stroke Refinement: continue Level IV strokes/turns, introduction to butterfly and personal safety while diving, spinal injury awareness. Pre-requisite: Level IV skills.

Level VI—Advanced Skill Proficiency: technique and endurance for Level V skills, turns for all strokes, additional safety and rescue skills. Pre-requisite: Level V skills.

MORNING SWIM LESSONS

Roberts Pool, Oakland Staff
Group lessons for children. Ten half-hour lessons scheduled on weekday mornings for two consecutive weeks. Bring a picnic lunch. (Please note * denotes 45-minute classes at \$70/session. Level V is 10:45-11:30 a.m., Level VI is 10:45-10 a.m.).

Reg. required: (510) 636-1684

Fee: \$50/session (\$56 non-res.)

Session 1: 6/13-6/24 (Mon.-Fri.)

10-10:30am.....Levels II, III, IV, V*

10:30-11am.....Levels I, II, III*

11-11:30am.....Levels I, II, III, IV

Session 2: 6/27-7/8 (Mon.-Fri.)

10-10:30am.....Levels I, II, III, IV

10-10:30am.....Levels I, II, III, IV

11-11:30am.....Levels I, II, III, IV

11-11:30am.....Levels I, II, III, IV

Session 3: 7/11-7/22 (Mon.-Fri.)

10-10:30am.....Levels I, II, III, IV

10-10:30am.....Levels I, II, III, IV

11-11:30am.....Levels I, II, III, IV

11-11:30am.....Levels I, II, III, IV

Session 4: 7/25-8/5 (Mon.-Fri.)

10-10:30am.....Levels I, II, III, IV

10-10:30am.....Levels I, II, III, IV

11-11:30am.....Levels I, II, III, IV

11-11:30am.....Levels I, II, III, IV

Session 5: 8/8-8/19 (Mon.-Fri.)

10-10:30am.....Levels I, II, III, IV*

10-10:30am.....Levels I, II, III, IV*

11-11:30am.....Levels I, II, III, IV

spider survive in the wild. Get a closer look at some real spiders and make your own spider.

FARM TREASURE HUNT

Ardenwood Christina Garcia
2-3pm, Sat, May 14
Attention super sleuths and daring detectives! Legend has it that George Patterson buried a cache of gold somewhere on his farm, now known as Ardenwood. Put your map-reading and puzzle-solving skills to the test, decipher the clues and follow them to our own version of George's treasure. 6+rys

BOBBIN LACE MAKING

Ardenwood Amy Baldwin
10:30-11:30am Sat, May 21
A pillow isn't only for sleeping. Before there were mechanical looms, lace was woven by hand using bobbins and a special pillow with a turning bolster. Watch the lace take shape, learn about this delicate craft, and give it a try.

THE TIME MACHINE

Ardenwood Christina Garcia
1:30-3pm Sat, May 21
Step into our time machine and be transported back to the late 1800s. Wear old-fashioned clothes, learn to take care of everyday chores around the house such as laundry, bathing and cooking, and have fun playing games that your great-grandparents may have enjoyed as kids. 5+rys

FARM SONGS ON THE WAGON

Ardenwood Tara Reinertson
11am-noon, Sun, May 22
Climb aboard our horse-drawn wagon and learn about America's history through song. We will sing some old favorites such as "Oh! Susanna," "She'll be comin' 'round the mountain," and "I've been working on the railroad" while Duke and Doc keep a steady rhythm.

WILDCRAFTING MEDICINAL PLANTS

Ardenwood Eric Nicholas
Noon-1pm, Sun, May 22
Walk in the gardens and fields and learn to identify various healing plants from days gone by. Afterwards we will prepare the bounty of our work for storage.

SUBTERRANEAN EARTHWORM BLUES
Ardenwood Tara Reinertson
1-2pm, Sun, May 22
Which humble creature did Charles Darwin claim contributed more to the history of the world than horse, plow, or cow? The earthworm of course! Meet our ignoble invertebrates; find out how they support farms and how you can raise some of your own.

LOVELY LADIES CROQUET

Ardenwood Docents
1-3pm, Sun, May 22
A proper Victorian lady was not always limited to watching sports from the sidelines because of the social requirements of the day. Don't miss your chance to watch an entertaining example of a "very Victorian" croquet game played by our elegant volunteers.

PIKE PALS

Ardenwood Sara Fetterly
11am-noon, Sat, Jun 4
Be a pig for a day! Make a cool new snout, then oink on over to the pen to make pals with the pigs. Ask nicely, and they may share their secret of keeping cool in the summer time.

SENSE-ATIONAL ANIMALS

Ardenwood Sara Fetterly
1-2pm, Sat, Jun 4
11am-noon, Sat, Jun 18
Meet some farmyard friends and learn how they use their senses to find their food. Test your own sense of touch and smell and see how we measure up in the wonderful world of animals.

HISTORIC GAMES

Ardenwood Interpretive Staff
2-3pm, Sat, Jun 4
What games did people play 100 years ago? Join us for some old-time fun. Learn to walk on stilts, shoot a marble, and jump double-dutch as we explore the history of some classic American games.

SCRATCHES, BURNS, AND BITES

Ardenwood Eric Nicholas
Noon-1pm, Sun, Jun 5
Farm work was hard and had its many hazards. Without a doctor nearby to heal these injuries rural folks had to rely on the remedies at hand. Come discover traditional healing methods and the herbal ingredients used.

DAY HARVESTING

Ardenwood Gaeta Bell, Sara Fetterly
1-2pm, Sun, Jun 5, 12, 19, 26
Join in the fun of an old-fashioned hay harvest. Pitch the freshly mown hay into the wagon, then help us build a giant hay stack. Learn the difference between hay and straw as we bring in this year's crop.

MEET THE BUNNIES

Ardenwood Interpretive Staff
2-3pm, Sun, Jun 5, 19, 26
Meet the farm rabbits and learn why they have big ears, what they like to eat, and how they communicate. See if you can find the softest part of a bunny.

A TASTE OF THE PAST

Ardenwood Gaeta Bell
2:30-3:30pm Sun, Jun 12
So why do heirloom vegetables taste better than their contemporary rivals, or do they? Come and taste for yourself. Learn which vegetables can be called heirloom and why it's so important to know the difference.

SOAP MAKING FOR KIDS

Ardenwood Sara Fetterly
11am-noon, Sun, Jun 12 #9662
Ever wonder what makes the bubbles in your bath? Learn the secrets of soap, how it was discovered, and how it has changed over the years. Help create a batch of our own soap. Everyone will go home with beautiful, fragrant samples. This is a great scout troop activity! 8+rys

Reg. Required: (510) 636-1684

Fee: \$10 (\$12 non-res.)

STORIES IN THE VEGETABLE GARDEN

Ardenwood Interpretive Staff
2-3pm, Sat, Jun 18
Settle down in the vegetable garden to hear a tale of a very clever rabbit. After the story we will tour the garden tasting and tending the carrots, lettuce, and other heirloom vegetables as we go.

CANNING IN THE KITCHEN

Ardenwood Jennifer Ferreira
11am-12:30pm, Sun, Jun 19
Before freezing and refrigeration, there were only a few ways to keep food for later use. Canning preserved the bounty of the summer harvest and made tasty treats, like strawberry jam. Enjoy the last of spring's splendor as we hike 2.50 hilly miles through a historic landscape. We'll search for late blooming flowers, explore pioneer town sites, and have lunch under an oak!

Reg. Required: (925) 757-2620

SUMMER CONCERT: BLACK IRISH BAND

Ardenwood Sabrina Dussau
7-9pm, Sat, Jun 21
This acoustic folk band has no limits. They cross cultural and musical boundaries playing Irish, Italian, and American folk music in a style that is timeless as the rugged western landscape. They have released 14 albums, been featured on CBS "This Morning" and should kick-start our concert series with distinctive flair.

Special parking fee \$10

MEMORIES IN MARBLE

Ardenwood Bob Kanagaki
10am-noon, Sat, Jun 4
Investigate the lives of nineteenth century miners and their families in the Mount Diablo Coalfield as we tour Rose Hill Cemetery. Meet at the cemetery.

SOMERSVILLE VAN AND MINE TOUR

Ardenwood Bob Kanagaki
10am-noon, Sat, Jun 18 #9685
Leave the driving to us as we tour the site of a nineteenth century mining town and delve into the underground workings of the Hazel-Atlas Mine. 55+rys

Reg. Required: (510) 636-1684

Fee: \$3

much to be done! Help us grind corn, feed the animals, and search for eggs in the hen house. While we work we will learn what makes our farmyard friends so special.

BLACK DIAMOND

All Black Diamond programs (unless otherwise noted) meet at the parking lot at the south end of Somersville Road in Antioch. For info call (925) 757-2620 or email bdsvis@ebparks.org.

GREATHOUSE VISITOR CENTER

Black Diamond Mines Interpretive Staff
10am-3pm, Sat & Sun, Mar-Nov
Drop in and view the workings of a 20th-century sand mine and learn about the lives of the 19th-century coal miners in the Greathouse Visitor Center. Artifacts and photographs are displayed and a video featuring former Mt. Diablo coalfield residents is shown.

HAZEL-ATLAS

SILICA-SAND MINE TOUR



Black Diamond Mines Interpretive Staff
10am, 11am, 1pm, 2pm
Sat & Sun, Mar-Nov

Explore the underground on a guided tour and learn its history, geology, and the methods used to mine the sandstone. An hour-long, advanced tour option is offered at 11 a.m., 1 p.m., and 2 p.m. A 10 a.m. tour is available to groups of 10 or more. First come/first served tours are offered at noon and 3 p.m. only. Must be at least 7 years old; parent participation required. This program is not wheelchair accessible. The 10 a.m. tour is not available for online registration.

Reg. Required: (510) 636-1684

Fee: \$3

WILDFLOWER WATCH

Black Diamond Mines Sabrina Dussau
9am-noon, Thu, May 12
Beautifully blooming wildflowers cover the park for weeks each spring. Enjoy all or part of this colorful show as we discover and identify the flowers this season has to offer.

Reg. Required: (925) 757-2620

KNOBBERS

Black Diamond Mines Sabrina Dussau
3:30-5:30pm, Thu, May 19, Jun 23
Looking for something to do after school? Join us once a month for outdoor and underground adventures focusing on nature exploration and local mining history. 8-12yrs

Fee: \$6 (\$8 non-res.)

Reg. Required: (925) 757-2620

COAL CANYON CREEP

Black Diamond Mine Sabrina Dussau
8am-1pm, Sun, May 21
Enjoy the last of spring's splendor as we hike 2.50 hilly miles through a historic landscape. We'll search for late blooming flowers, explore pioneer town sites, and have lunch under an oak!

Reg. Required: (925) 757-2620

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Reg. Required: (510) 636-1684

Fee: \$3

MINES, MINERS, AND MINERALS

Black Diamond Bob Kanagaki
10am-noon, Sat, Jun 25
Dive into Black Diamond's unique history as we explore both surface and subterranean trails.

Reg. Required: (510) 636-1684

COYOTE HILLS

The Coyote Hills Visitor Center, open Tue-Sun, 9:30 a.m.-5 p.m., has books, bug boxes, and other items for sale. For information call (510) 795-9385 or email chvis@ebparks.org.

SENIOR WALKING TOURS & TEA

Coyote Hills Southworth, Estacado 2-4pm, Tue, May 3 #9539, 10 #9537, 17 #9538, 24 #9539, 31 #9540, Jun 7 #9541, Jun 14 #9542, Jun 21 #9543, Jun 28 #9544
Join us for a leisurely but invigorating stroll through marsh and meadow. As we stretch our muscles and practice deep breathing we'll also observe and study the local flora and fauna along our way. Upon our return we'll settle down for a refreshing cup of tea in the Butterfly Garden. 18+rys

Reg. Required: (510) 636-1684

Fee: \$3 adults/\$2 seniors 62+

YUCKY BIOLOGY

Coyote Hills Kristina Parkison 9:30-11:30am, Sat, May 7 #9551
Nature can be nasty or nice—today we're focusing on the nasty! We'll explore all things ooey, gooey, and most of all, disgusting! Why do vultures have bald heads? What's in an owl pellet? What happens to all of the dead plants and animals? Join us to learn the yucky answers! 7-12yrs

Reg. Required: (510) 636-1684

Fee: \$2

COYOTE SCOUT INSTITUTE

Coyote Hills Kristina Parkison 1:30-3:30pm Sat, May 7 #9517, Jun 18 #9518
Adventure awaits the adventurous! In the Coyote Scout Institute you'll explore the mysterious natural environment of the Bay Area through activities including scavenger hunts, orienteering, biking, and hiking. Each session covers a different exciting topic such as Flower Power (May 7) and Kooky Chemistry (June 18). 8-12yrs

Reg. Required: (510) 636-1684

Fee: \$6 (\$8 non-res.)

VOLUNTEER GARDNERS

Coyote Hills Jan Southworth 9:30-11:30am, Sat, May 14, Jun 11
Join our intrepid gang of gardeners as we tend the flowers of spring for the benefit of people, birds, and butterflies. Refreshments and good conversation are guaranteed. 12+rys

Reg. Required: (510) 795-9385

Fee: \$10

THE BUTTERFLY GARDEN IS OPEN!

Coyote Hills Jan Southworth, Staff 10am-4pm, Sat, May 14, 28, Jun 11, 25
By popular demand the Butterfly Garden is now open on the 2nd and 4th Saturday of each month. Come wander the peaceful pathways, watch the butterflies and butterflies at play, and find out how to create a paradise for wildlife in your own backyard.

SENIOR'S CONTAINER GARDENING WORKSHOP

Coyote Hills Jan Southworth 2-4pm, Sat, May 14
In this "make it and take it" workshop you will create a pint-sized, containerized butterfly garden. Complete with colorful nectar flowers to attract adult butterflies and host plants to feed hungry caterpillars, this lively and portable

butterfly habitat is perfect for folks with sunny, but limited gardening space. Bring a container and we'll supply the soil and "butterfly friendly" plants. With a little care and a bit of water, you will enliven your outdoors with Monarchs and other "flying jewels." 18+ yrs

Reg. Required: (510) 636-1684
Fee: \$20 adults/\$15 seniors;
\$22/17 non-res.)

SHELLMOUND WORKDAY

Coyote Hills Beverly Ortiz
10am-4pm, Sun, May 15

Join Ohlone descendants and park naturalists in the reconstruction of Ohlone-style houses at a more than 2,000-year-old Tubon Ohlone village site. Help work on a ramada, ceremonial house, or a family house, and clean and weed the site as you learn how the Ohlone were successful in living in this area for so long. We'll provide snacks and tools. 12+ yrs

Reg. Required: (510) 795-9385

COYOTE CUBS

Coyote Hills Kristina Parkison
10-11:30am, Tue, May 17 #9515, Jun 14
#9513; 2-3:30pm, Tue, May 17 #9516, Jun 14 #9514

Coyote Cubs will now be offered in the afternoon as well as in the morning. Both programs cover the same subject. Explore the natural world in a hands-on way as we focus on different natural history subjects each month through stories, games, and crafts. Bring your little ones out for fun in the park! 3-5 yrs

Reg. Required: (510) 636-1684
Fee: \$6 (\$8 non-res.)

OHLONE PLANT FOODS

Coyote Hills Ortiz, Bonillas
10am-noon, Sun, May 29

In this exciting, hands-on workshop you'll be introduced to a variety of native plants and learn about their use by the Ohlone as foods. You'll have an opportunity to taste manzanita cider, acorn, roasted peppeuts, and several teas, and discover their medicinal uses. We'll answer your questions about Ohlone culture and history.

SHELLMOUND OPEN HOUSE

Coyote Hills Ortiz, Bonillas, Garibay
1:30-4:30pm, Sun, May 29, Jun 12

How is it possible for a culture to live successfully for thousands of years in the San Francisco Bay Area? Join us to learn how it was that the Ohlone lived in the Fremont area for over 2,000 years. Discover the many uses the Ohlone had for native plants, observe a demonstration of Ohlone-style basketry, and learn about Ohlone culture and history. Follow the signs to the shellmound.

WALNUT DICE WORKSHOP

Coyote Hills Jan Southworth
2-4pm, Mon, May 30 #9546

Using black walnut shells filled with tar and inlaid with shiny bits of shell, create a set of six traditional California Indian gambling dice. Play a spirited game, then take your game set home for more old-fashioned fun. 12+ yrs

Reg. Required: (510) 636-1684
Fee: \$15 adults/\$12 child
(\$17/15 non-res.)

ALAMEDA CREEK BY BIKE

Coyote Hills Kristina Parkison
9:30am-12:30pm, Sat, Jun 4

Biking is the best way to explore this lovely, flat 19-mile round-trip trail. We'll begin at Coyote Hills and bike to the trail's end in Niles. Along the way, we'll bird and enjoy the scenery. On the way back, we'll stop and explore Quarry Lakes. We'll get three parks for the price of one in this morning-long excursion! 12+ yrs

Reg. Required: (510) 636-1684

NATURE TALES

Coyote Hills Kristina Parkison
2-3pm, Sat, Jun 4

Enjoy afternoon breezes and some wonderful stories. We'll hike to some of the park's best vistas and read some of our favorite children's stories. Have a favorite story you'd like to share? Bring it with you!

Reg. Required: (510) 795-9385

BULL ROARER WORKSHOP

Coyote Hills Jan Southworth
2-4pm, Sat, Jun 11

Whether you call it a musical instrument or simply a noise maker, the bull roarer has been popular throughout the world for untold centuries. Used by California Native peoples as both a child's toy and a shamanic ceremonial tool, this unusual instrument sounds like a large insect. Learn to make one, try it out, then take yours home for personal ceremonies or noisy fun. 12+ yrs

Reg. Required: (510) 636-1684

Fee: \$25 (\$29 non-res.)

SOAPROOT BRUSH-MAKING WORKSHOP

Coyote Hills Ortiz, Garibay

10am-noon, Sun, Jun 12 #9532
Learn to make your own soaproot brush and how they were used by the Ohlone for many tasks. We'll help you identify soaproot, then show you how to use the bulb and fibers to make your own brush. 14+ yrs

Reg. Required: (510) 636-1684

Fee: \$15 (\$17 non-res.)

BEAUTIFUL BUGS

Coyote Hills Kristina Parkison
9:30-11:30am, Sat, Jun 18 #9510

EEEEEEWWWW! It's a bug! Kill it! These much-maligned animals get a lot of bad press, but not all of them spread disease or destruction. In fact, most of them do good things—from pollination to waste removal. We'll learn the difference between "bugs" and insects, the jobs they do, and gain an appreciation for their role in our daily lives. 5-10 yrs

Reg. Required: (510) 636-1684

Fee: \$2

CULTURAL DEMONSTRATION DAY

Coyote Hills Beverly Ortiz

10am-4pm, Sun, Jun 19

Learn about Native American culture and history with several Ohlone descendants who will share their experience and knowledge with you at a more than 2,000-year-old Ohlone village site. Several cultural activities will be demonstrated, including basketry, tule boat making, shell beads, abalone pendants, and native plant uses.

SOLSTICE CELEBRATION HIKE

Coyote Hills Kidder, Southworth

6:30-8:30pm, Tue, Jun 21 #9679

Do what people around the world have done for thousands of years—celebrate the longest day of the year. Bring a light dinner to enjoy in the picnic area, then don your solstice regalia (mask, costume, face paint), pick up your non-metal instrument (rattles, whistles, drums) and join the procession to Red Hill Top for the bonfire and merrymaking. We'll share marshmallows and stories as we "put the sun to bed."

Reg. Required: (510) 636-1684

Fee: \$5 (\$7 non-res.)

CRAB GROVE

Crab Cove Visitor Center is open Wednesdays-Sundays from 10 a.m.-4 p.m. through November. School programs are available. For information about naturalist programs or other activities, call (510) 521-6887 or email cove@ebparks.org.

LOW TIDE NATURE WALK

Crab Cove Interpretive Staff

2-3:30pm, Sun, May 1

10:30am-noon, Sun, Jun 26

Discover the habits and habitats of mudflat and rocky-shore critters. You may even handle crawling, hopping, and/or sliding estuarine species! Wear shoes/raing boots that can get wet and muddy.

SEA SIBLINGS

Crab Cove Interpretive Staff

9:30-10:30am, Tue, May 3 #9555, May 17

#9564, Jun 7 #9566, Jun 21 #9568

11am-noon, Tue, May 3 #9563, May 17

#9565, Jun 7 #9567, Jun 21 #9569

Sea Siblings targets the 3-5 year old learning ability while providing the option of inviting a 1-5 year-old sibling or friend along for outdoor exploration and a theme-related craft. May 3: Birds, Birds, Birds—Find out what makes a bird a bird and other amazing facts. May 17:

Diving into Oceans—We won't get wet, but we'll learn about the water surrounding us.

June 7: Tidal Tracks and Treasures—What can you discover at the Cove? Come explore the habitats of the amazing bay creatures adapting to an ever-changing environment. June 21: Bee Kind—Buzzzz on over to take a closer look at the incredible lives of these pollinators. They haven't earned the recognition for being "busy bees" for nothing!

Reg. Required: (510) 636-1684

Fee: \$4

MEET BAY CRITTERS

Crab Cove Naturalist Nancy

3-4pm, Sat, May 7

Discover the rich diversity of life in San Francisco Bay. Crabs, snails, worms, barnacles, mussels, plankton, and sea algae may all be available for you to explore with hands, eyes, and nose. Games and a craft will help youngsters learn about these critters' habits and habitats.

HERSTORY OF THE BAY

Crab Cove Bethany Facendini

1-3:30pm, Sun, May 8 #9571

Celebrate Mother's Day on this leisurely walk along the Bay Trail to the Elsa Roemer Bird Sanctuary and Bay. We will honor the women of the past and present whose environmental consciousness has made a difference in our community. Tea and sweets will be served.

Reg. Required: (510) 636-1684

Fee: \$3 (\$2 seniors and children

SEA SQUIRT

Crab Cove Interpretive Staff

10-11:30am, Tue, May 10 #9572, May 24

#9573, Jun 14 #9574, Jun 28 #9575

Discover the wonders of nature with your little one through a program exclusively for 3-5 year olds accompanied by an adult. Outdoor exploration and a theme-related craft and snack will be provided. See our "Sea Siblings" program if you prefer to have 1-5 year olds join their 3-5 year old siblings. May 10 Birds, Birds, Birds—find out what makes a bird a bird and other amazing facts. May 24 Diving into oceans—We won't get wet, but we'll learn about the water surrounding us. June 14: Tidal Tracks and Treasures—What can you discover at the Cove? Come explore the habitats of the amazing bay creatures adapting to an ever-changing environment. June 28: Bee Kind—Buzzzz on over to take a closer look at the incredible lives of these pollinators. They haven't earned the recognition for being "busy bees" for nothing!

Reg. Required: (510) 636-1684

Fee: \$6 (\$8 non-res.)

ESTUARY EXPLORERS

Crab Cove Interpretive Staff

3:30-5pm, Thu, May 12 #9574, May 26

#9577, Jun 9 #9578, Jun 23 #9579

Estuary Explorers is designed for 6-8 year olds and includes outdoor exploration and a theme-related craft and snack. Parents/guardians are encouraged to drop off their child to allow for an independent nature experience with naturalist guidance. A signed, current-year medical waiver must be on file. May 12: Birds, Birds, Birds—Learn what makes these winged creatures so special. May 26: Diving into Oceans—It covers 2/3rds of our planet yet we forget it is there. Learn more about this amazing place. June 9: Tidal Tracks and Treasures—What can you discover during high tide at the Cove? Come explore the habitats of the amazing bay creatures adapting to an ever-changing environment. June 23: Bee Kind—Buzzzz on over to take a closer look at the incredible lives of these pollinators.

Reg. Required: (510) 636-1684

Fee: \$6 (\$8 non-res.)

BOY SCOUTS:

OCEANOGRAPHY MERIT BADGE

Crab Cove Naturalist Nancy

9am-1:30pm, Sat, May 14 #9580

This hands-on oceanography lab is packed with engaging activities that will meet all Oceanography Merit Badge requirements except #4 and #8. We will seine net, mud grab, plankton sample and examine our findings using a microscope. 1:5 leaders-to-scouts ratio, please. 12+ yrs

Reg. Required: (510) 636-1684

Fee: \$13 (\$15 non-res.)

CYCLE THE BAY

Crab Cove Bethany Facendini

10am-2pm, Sun, May 15 #9581

Did you know that bicycles were introduced to America this week in 1819? Let's celebrate the occasion! Join us for a scenic cycle ride along the Bay Trail for people of all ages and abilities. Equipment and assistance through Bay Area Outreach and Recreation Program (www.borp.org) is available for people who have a disability. We will cruise Crown Beach, Elsa Roemer Bird Sanctuary, and Shoreline Park on Bay Farm Island during this 5-12 mile ride. Bring water, lunch, and be ready for fun! Parental participation required.

Reg. Required: (510) 636-1684

BIRDS ON THE BRAIN

Crab Cove Interpretive Staff

2-3:30pm, Sun, May 22

Have you ever wondered how an animal with such a small brain can accomplish so many amazing feats? Learn about our amazing avian friends and their ability to migrate long distances, survive harsh weather, and thrive in the most unlikely places. Play a game to learn what it's like to be a bird and view slides of some of our locals.

CREATING MEMORIES AT THE COVE

Crab Cove Bethany Facendini

10am-4pm, Mon, May 30

Celebrate Memorial Day with the entire family! Come for the "underwater" exhibits, including an aquarium with leopard sharks, and stay for the fun-filled activities. There will be on-going nature crafts and games, low-tide exploration from noon-2, and "Catch of the Day" from 2-3 p.m. Stop by for a day to remember!

CELEBRATE 25 YEARS OF EXPLORING SAN FRANCISCO BAY

Crab Cove Interpretive Staff

11am-4pm, Sun, Jun 5 #9553

It's Crab Cove Visitor Center's 25th Anniversary! You are invited to celebrate Crab Cove style—with a day full of fun-filled adventures by the bay. Join us for live music, art and craft exhibits, children's activities, natural and cultural history walks, an incredible resource fair, and much more. You won't want to miss out on the crabby cake. Contact us for a detailed schedule or visit www.ebparks.org. Park at the Crown Beach main entrance off Otis St. in Alameda or take advantage of our free bike valet parking.

CONCERT AT THE COVE:

EDDIE AND THE BOPPERS

Crab Cove Interpretive Staff

5:30-7:30pm, Fri, Jun 10

Join us for our seventh season of incredible free music and fun! Extended hours at the Visitor Center, plus family activities on the deck and beautiful views of San Francisco Bay, make our concerts extra special. Bring your blanket or lawn chair, food and beverages available for purchase. Sponsored by the West Alameda Business Association and East Bay Regional Park District.

39TH SAND CASTLE/SCULPTURE CONTEST

Crab Cove Interpretive Staff

9am-noon, Sat, Jun 11

Come create a unique work of art or enjoy the work of others. Registration begins at 9 a.m., with judging at noon. Creations will include castles and sculptures by youth, family, and adult groups. Stop by our information table to learn more about our Bay and opportunities for you to enjoy it. Co-sponsored by Bay View Women's Club, East Bay Regional Park District, and Alameda Recreation & Parks.

RETURN OF THE TERNS TOURS

Crab Cove Interpretive Staff

11am-noon #9584, Noon-1pm #9585,

1-2pm #9586, Sun, Jun 12

Join wildlife biologist Rachel Hurt to view endangered California least terns tending their chicks. This population has grown from 10 nesting pairs in 1976 to just under 400 last year: a fabulous success story we will share with you. Learn how you can protect these extraordinary birds

and their habitat. To avoid disturbing the birds, these hour-long tours take place aboard a bus, which travels to the proposed Alameda Wildlife Refuge. Binoculars and a scope will be used for viewing. Enjoy a least tern slide presentation and ongoing crafts and activities at the Visitor Center before your trip. 8+rys
Reg. Required: (510) 636-1684

Fee: \$3

SIZING UP SNAKES

Crab Cove

3-4:30pm, Sun, Jun 19

Artifacts puppets, pictures, games, and a visit with a live snake will create a dynamic atmosphere to explore snake biology and habits 5+rys

SUNOL

Sunol Visitor Center is open Sat.-Sun., 10 a.m.-4:30 p.m. For info, call (925) 862-2601 or email svist@ebparks.org.

VALLEY NATURE RIDE

Sunol

10-10:45am, Sun, May 1 #9700, May 8 #9701, Jun 19 #9702, Jun 26 #9703

Learn about the cultural and natural history of Sunol, then enjoy a 20-minute guided horseback ride. Parent participation required. 6+rys
Reg. Required: (510) 636-1684

Fee: \$17 (\$19 non-res.)

OUTDOOR DISCOVERIES

Sunol

10-11:30am, Various dates Children 3-5 years and an adult are invited to explore the wilderness with a naturalist guide. Different topics introduced each week. Call for space availability and topics for May programs. Summer sessions (June-August) filled by application. Call for a summer application, deadline for application Monday, May 23. 3-5rys

Reg. Required: (925) 862-2601

Fee: \$6 (\$8 non-res.)

WILDERNESS EXPLORERS & TREKKERS

Sunol Interpretive Staff

Times and dates vary

Join us for this outdoor program of discovery and adventure. Explore the wonders of the world around us as we get wet or muddy. Call for space availability and topics for May programs, or a summer flyer. Grades k-6
Reg. Required: (925) 862-2601

Fee: \$6 (\$8 non-res.)

INSECTS, INSECTS, INSECTS!

Sunol Bridget Posson

Noon-1pm, Sat, May 14

Learn about the most fascinating six-legged creatures around! View a slide show of local insects and learn the basics of entomology. Then head down to Alameda Creek to explore and locate some aquatic and terrestrial critters!
Reg. Required: (925) 862-2601

WILD WEST LECTURE SERIES:

THE FAMILIES OF MISSION PEAK

Sunol Herron, Schaffarczyk 7-9pm, Tue, May 17

The slopes of Mission Peak were settled by a succession of Ohlone Indians, Spanish missionaries, California rancho landowners, and American pioneers. Tonight, we will reveal through old maps and artifacts how each left remnants of their existence behind. We'll share stories and meet some of the descendants of the Higuera, Columbet, Stanford, Moore, McClure, Kell, Chadbourn, Overracker, Weibel, and other families. We will also look at slides of bedrock mortars, Warm Springs Resort and Spa, the McClure residence and vineyards. Parent participation required.
Fee: \$5 (\$7 non-res.)

THE 21ST ANNUAL

RATTLESNAKE RENDEZVOUS

Sunol, Camp Ohlone Norm Kidder

Noon-6pm, Sun, May 27-29 #9706

Join our intrepid band of primitives for a weekend of stone-age living skills. Aside from modern sleeping gear and clothing, we will attempt to experience the old ways. Learn firemaking, flint knapping, cordage, cooking

(no metal pots, pans, or grills allowed), and so much more. 10+rys

Reg. Required: (510) 636-1684

Fee: \$80 adult/\$40 child (\$88/\$44 non-res.)

SCIENCE FOR TYPES:

PUTTING OUR STAR TO WORK

Sunol Cat Taylor

10-11:30am, Sat, Jun 11

Budding solar researchers and their families are invited to put the sun's rays to work today as we explore solar energy. One adult per child for a more labor-intensive craft as we make solar pizza box ovens and cook up a tantalizing lunch, complete with dessert! 4-8rys

Reg. Required: (925) 862-2601

Fee: \$6 (\$8 non-res.)

ECO-EXPLORERS:

Sunol Cat Taylor

5:30 pm-11am, Fri-Sat, Jun 24-25

Children in grades 3-7 are invited on this series for kids and families who like to explore different parks for unique, up-close, hands-on adventures. Pack your jammies, a sleeping bag, and your favorite "luvys" and head up into the hills to spend the night under the stars at Camp High Valley. After a potluck dinner, we'll pack up and hike a mile to the campsite. We'll explore the starry skies above as we navigate around the summer constellations and see if we can spy on feasting bats. Breakfast and snack provided. Parental participation mandatory.

Reg. Required: (925) 862-2601

Fee: \$7 adults/\$15 child (\$9/\$17 non-res.)

TILDEN NATURE AREA

The Environmental Education Center is open Tue.-Sun. 10 a.m.-5 p.m. The Little Farm is open daily. For info call (510) 525-2233 or email tnarea@ebparks.org.

ARTIST EXHIBITION-SHEILA SONDIK

Tilden Nature Area 10am-5pm, Tue-Sun in May View mixed-media paintings by Berkeley artist Sheila Sondik (www.sheilasondik.com). Ms. Sondik's paintings of Tilden combine Japanese ink, watercolor, and collage to create magical interpretations of the East Bay landscape.

ARTIST EXHIBITION-MICHELE MANNING

Tilden Nature Area 10am-5pm, Tue-Sun, June-July Award-winning illustrator Michele Manning will display a series of vibrant pastels on Lake Anza subjects.

TEA & HIKE AT FOUR

Tilden Nature Area Alan Kaplan 4:30-5:30pm, Mon, May 2, 9, 16, 23, Jun 6, 13 Taste some of the best teas from the Pacific Rim and South Asia, learn their cultural and natural history, then take a hike to see nesting birds, insect activity, or a complete surprise! Special theme teas on May 23 (Victoria Day) and June 6 (D-Day).

Reg. Required: (510) 525-2233

Fee: \$5 (\$7 non-res.)

TILDEN TOTS

Tilden Nature Area Linda Yemoto 10-11:30am, Wed, May 4 #9447, Thu, May 5 #9448

Join an outdoor, nature adventure program for 3 & 4 year olds, each accompanied by an adult (grandparents welcome)! We'll explore the nature area ponds.

Reg. Required: (510) 636-1684

Fee: \$6 (\$8 non-res.)

TILDEN EXPLORERS

Tilden Nature Area Linda Yemoto 3:15-4:45pm, Thu, May 5 #9449

An after-school nature adventure for 5-7 year olds, who may be accompanied by an adult. No young siblings, please. We'll learn about aquatic insect life cycles.

Reg. Required: (510) 636-1684

Fee: \$6 (\$8 non-res.)

WORK IN THE GARDEN

Tilden Nature Area Jessica Sheppard 2-4pm, Sat, May 7

Welcome the butterflies; we need lots of help weeding, planting, and preparing the garden for

the warmer weather. Learn to identify the local butterfly species and how you can give them what they need, even in your own backyard! We have tools; call if you need gloves.

MOTHER'S DAY POND PLUNGE

Tilden Nature Area Dave Zuckermann

10:30am-noon, Sun, May 8

Kids, bring Mom for an easy walk to the ponds. With dip-nets and magnifiers, we'll discover the denizens of the deep—and maybe their Moms, too. Dress to get a bit dirty and wet. 4+rys

MARY MICHE ON MOTHER'S DAY

Tilden Nature Area Dave Zuckermann

3-4pm, Sun, May 8

Mary specializes in delightful music for children. Join us for a lively, fun-filled concert.

MINI-FARMERS

Tilden Nature Area Interpretive Staff

10-11:30am, Sat, May 14, Jun 11

A farm exploration program for kids ages 4-6 years. We will explore the Little Farm, care for animals, do crafts and farm chores.

Reg. Required: (510) 525-2233

Fee: \$5 (\$7 non-res.)

KIDS GARDEN CLUB

Tilden Nature Area Interpretive Staff

2-4pm, Sat, May 14, Jun 11, 25

An exciting club for children ages 7-12, exploring the world of gardening. We plant, harvest, build, make crafts, cook, and get dirty! Themes and activities vary.

Reg. Required: (510) 525-2233

Fee: \$5 (\$7 non-res.)

MEET THE ARTIST RECEPTION:

SHEILA SONDIK Interpretive Staff

2-4pm, Sat, May 14

Meet Sheila Sondik, whose painting exhibition, "Tilden Inspirations," is on display through May. At 2:30 p.m., Ms. Sondik will demonstrate her dramatic painting technique in which she crinkles up her paper to produce a batik-like textured surface.

WEAVE AWAY!

Tilden Nature Area Gina Gargano

11am-noon, Sun, May 15

Let's make baskets! Learn the natural history of local materials and how they were utilized to weave Native American baskets. 7-11yrs

Fee: \$3

BLOSSOMING MOSAICS

Tilden Nature Area Gina Gargano

3-3:30pm, Sun, May 15 #9464

Learn how to make pictures of your favorite flowers using recycled ceramics. Experiment with techniques and color and go home with artwork of your own. 12+rys

Reg. Required: (510) 636-1684

Fee: \$16 (\$18 non-res.)

MINI-RANGERS

Tilden Nature Area Dave Zuckermann

3:30-5:30pm, Tue, May 17 #9465,

Jun 7 #9466

Find out how it feels to be a Ranger! Join us for an active afternoon of nature study, conservation, and rambling through woods and waters. Dress to get dirty. For 8-12 year olds, unaccompanied by their parents.

Reg. Required: (510) 636-1684

Fee: \$6 (\$8 non-res.)

SNAKING THROUGH THE HILLS

Tilden Nature Area Jessica Sheppard

2-3:30pm, Sat, May 21

Hike up the watershed and seek out the spots where reptiles like to sun. Learn to recognize several species and maybe catch a glimpse of them as they seek their prey.

WOMEN'S POETRY READING

Tilden Nature Area Gina Gargano

11am-12:30pm, Sat, May 28

Creative nature-thinking women unite! Bring nature poetry of your own, your favorite naturalist women authors, songwriters, or speakers. We'll discuss while relaxing with tea or cocoa.

BUTTERFLY GARDEN

Tilden Nature Area Jessica Sheppard

1-4pm, Sat, May 28

Flutter through the buds and blooms in the area planted just for our "winged jewels." Learn to

identify local butterfly species and the plants that support them. Leave with inspiration and information to create your own wildlife habitat!

ON MEMBRANOUS WINGS

Tilden Nature Area Alan Kaplan

10am-noon, Sun, May 29

Look for, collect, observe, and release Hymenoptera: wasps, bees, ants, and others. Learn about the many ecological roles they play.

LAUREL CANYON AND RABBIT RUN PLANT HIKE

Tilden Nature Area Alan Kaplan

1-2:30pm, Sun, May 29

Walk into the heart of the Nature Area for a quick survey of the Plant Kingdom. If it has been hot, we'll have thimbleberries to eat.

MEMORIAL DAY OPEN HOUSE

Tilden Nature Area Interpretive Staff

11am-4pm, Mon, May 30

Have a day for us of day of critters, crafts, and creative fun! Visit our reptiles and bunnies (not at the same time), play games, make nature crafts and activities and maybe even a tasty snack.

FAMILY POND STUDY

Tilden Nature Area Alan Kaplan

3-5pm, Mon, May 30

Have your family meet some of ours (aquatic insect families, that is): backswimmers, waterboatmen, and the REAL phantom menace! Learn a lot about adaptations for respiration, swimming, and feeding underwater.

BIRD'S EYE VIEW

Tilden Nature Area Jessica Sheppard

10am-2pm, Sat, Jun 4

Hike from the cool canyon of our watershed to the top of Wildcat Peak. We will enjoy the changing flora as we ascend, looking for the last of the wildflowers. Bring your lunch and something to drink for our break at the top to enjoy the view that the birds own every day.

NATURE SURVIVAL FOR KIDS

Tilden Nature Area Gina Gargano

2:30-4:30pm, Sat, Jun 5

Come one, come all...if you're a kid age 8-12, that is. Have fun learning something we hope you never need to use. We'll learn what to eat, how to make shelter and first aid techniques in case you ever get lost.

Reg. Required: (510) 525-2233

COMPOTT CRITTERS

Tilden Nature Area Interpretive Staff

11am-12:30pm, Sun, Jun 5

Learn which animals do the dirty work of turning leftovers into rich soil, then search them out and make a worm boat to take home. 5+rys

GOODNIGHT LITTLE FARM

Tilden Nature Area Interpretive Staff

3:30-4:30pm Sun, Jun 5

Stop by the Little Farm and help us with the afternoon feeding. Learn about our rare breeds as we track them in for the night.

ALL TRAILS, ALL DAY

Tilden Nature Area Alan Kaplan

10am-2pm, Sun, Jun 11

A whirlwind tour of my favorite trails- all of them! Bring lunch, liquids, hat, and sunscreen. We'll stop by the Visitor Center a few times for short breaks.

JOYS OF WALKING

Tilden Nature Area Alan Kaplan

2-4pm, Sun, Jun 12

Hear what great writers have to say about sauntering, learn the origin of the word, the meaning of flaneur, and who your best doctors are.

TALKING WITH TURTLES

Tilden Nature Area Interpretive Staff

11am-noon, Sat, Jun 18

Meet our resident reptiles! Learn why they "stick their necks out" to "go out on a limb" wearing turtle-necks year-round.

BUTTERFLY TRADING CARDS

Tilden Nature Area Interpretive Staff

1-2:30pm, Sat, Jun 18

Create your own set of butterfly trading cards to take home. We will look in the garden for these colorful insects and the plants they need to survive. 7+rys

Reg. Required: (510) 525-2233

Fee: \$3

invited to join us on a series of monthly excursions exploring our Regional Parks. **May 24:** Las Trampas, June 22: Sibley.

Reg. Required: (510) 525-2233

SHORELINE SLEUTHS

Martinez Shoreline Sabrina Dussau
10am-noon, Sat, May 28
Grab your magnifying glass—let's explore the wetland and waterways to detect the important role they play in our lives.

Reg. Required: (925) 757-2620

REDWOOD BIOSPHERE:

WHERE FEW STARS SHINE

Chabot Space and Science Center
Naturalist Nancy

3-4:30pm, Sat, May 28

Experience the dense shade and moist climate of a redwood forest. Coast redwoods' dense canopy limits sunlight and house a collection of shade-tolerant plants and animals. Join us for this one-mile stroll through the forest adjacent to Chabot. A quick, no-fee tour of the Science Center is an option after the hike.

Info: (510) 521-6887

ANTHONY CHABOT CAMPFIRE PROGRAMS

Anthony Chabot Gail Broesder
8-9pm, Sat, May 28, Jun 4, 11, 18, 25

Dress warmly and bring marshmallows for roasting. Non-campers welcome. **May 28:** Something's Fishy. Songs, stories, and details about Bay Area fish, which include SHARKS! **June 4:** Going on a "Lion Hunt"—we may not catch a big one but we'll learn the truth about mountain lions in the East Bay. **June 11:** Things that go BUMP in the Night—if you're worried about that, I'll put your mind at ease tonight. **June 18:** Moon Magic—with special guest Celest Burrows, astronomy instructor from the Chabot Space & Science Center, followed by moon viewing. **June 25:** SSSnakes—all that slither should come hither.

Info: (510) 521-6887

LA MÁGICA DE LOS SECOYAS

Chabot Space and Science Center Facendini
1-3pm, Sun, May 29
¿Porqué crecen los secoyas tan grandes, rojos, y ancianos? Aprende de los secretos del árbol más alto del mundo a esta caminata. Es un programa bilingüe para toda la familia que empieza al "Chabot Space and Science Center." La excursion entarda dos horas por un sendero tranquilo.

ECO-EXPLORERS: BIKE HIKE

Alameda Creek Trail Cat Taylor
9am-noon, Sat, Jun 4
Children in grades 3-7 are invited on this series of outdoor adventures for kids and families who like to explore parks and enjoy up-close, hands-on adventures. We'll ride bikes and stretch our legs as we follow the path of water along the lower stretches of Alameda Creek near Quarry Lakes to the brackish waters of San Francisco Bay at Coyote Hills (14 miles total). Bring plenty of water, a helmet, bike bell, and a snack to replenish our sagging energy.

Reg. Required: (925) 862-2601

Fee: \$6 (\$8 non-res.)

MEADOW MEANDER

Redwood 2:30-4pm, Sat, Jun 4
From Bort Meadow to the stone bridge and back, we'll explore this varied park. Along the way we'll search for signs of the area's history. We'll also look for local wildlife and native plants. 7-yr-olds.

Info: (510) 521-6887

THURSDAY BIRDING

Various parks Mike Moran
9-11:30am, Thu, Jun 9, 23
June 9: Round Valley—Off to the magnificent oak studded hill and grassy slope are we to search for golden eagles above, rock wrens below, and all in between. **June 23:** Ironhouse Sanitary District—Come see what avian fancy (perhaps even our first migrants—yes really!) summer has brought to Delta wetlands.

Reg. Required: (925) 757-2620

AT SUMMER'S CUSP

Botanic Garden Alan Kaplan
10am-noon, Sun, Jun 12
Pollination will be our theme as we tour the native plant facility at the heart of Tilden Park.

TUESDAY TWILIGHTS

Various parks Interpretive Staff
7-9pm, Tue Jun 14; 8-10pm, Jun 21;
7-9pm, Tue, Jun 28;
7:30-9:30pm, Tue, Jun 21 #9744

Tuesday evening naturalist programs in different parks throughout the summer. Hikes vary in difficulty and distance. For a complete listing send legal-sized SASE to Tuesday Twilight, Sunol-Ohlone Regional Wilderness, P.O. Box 82, Sunol, CA 94586 or email svsi@ebparks.org. **June 14:** First Night—Join Naturalist Katie Colbert to launch the 2005 Tuesday Twilight season as the sun sets over the grass-swept ridges and rustling woods of Sibley's mysterious landscape. Meet at park entrance on Skyline Blvd. for our 3-mile relatively level round-trip saunter. Info: (925) 862-2601. **June 21:** Sunset, Moonrise Solstice Hike. Absorb the beauty of a spectacular sunset and a full moon rising on the longest day of the year. Share solstice stories and moon lore with Naturalist Bethany Facendini on this 3.5-mile ridgeline hike, which is uphill on the way to the vista point. Bring nature-inspired poetry, tales, or art if you'd like. Meet at the MacDonald Stage Area off Redwood Road. Bring a flashlight. Info: (510) 521-6887. **June 21:** Boating by Moonlight—Hop aboard the Del Valle tour boat for a two-hour voyage around the lake. We'll enjoy a sunset while looking for diurnal animals preparing for bed, including the famous pair of bald eagles, then cruise in twilight watching for bats and other nocturnal creatures. If we're lucky, we'll catch the full moon rising over the hills at the end of the trip. No drop-in accepted. Infants free if in parent's arms. All non-swimming adults and children required to wear a provided flotation device. Parent participation is required. Fee: \$5 (\$7 non-res.)

June 28: A Creekside and Ridge-top Ramble—Join naturalists Norm Kidder and Jan Southworth on a hike down Dry Creek, past Jordan Pond, then return by way of Ridge Loop Trail with stops along the way to enjoy the views and learn a little park history. Meet at the Garin Barn Visitor Center. Info: (510) 795-9385.

DAD'S DAY DAWDLE

Martinez Shoreline Mike Moran
10-11:30am, Sun, Jun 19
Martini's (with olives!), bratty, bottled water, baseball, soccer, birds, boats, bass, bridges, boardwalks and beyond. What better way to spend Dad's Day than steeped in the beauty and history of the Martinez waterfront?

Reg. Required: (925) 757-2620

YEAR OF THE ESTUARY HIKES

Various parks Kelley, Zuckermann
2-3:30pm, Sun, Jun 19 Lone Tree Point
10am-1pm, Sun, Jun 25 Carquinez

June 19: Enjoy beautiful beach access along the future Bay Trail corridor as we explore the natural history of this "interim-use area" regional parkland. Meet in the public parking area at Pacific Ave. and San Pablo Ave. in Rodeo. **June 25:** Enjoy sweeping views above the strait as we explore this region's exciting history. Meet at the Eckley Pier staging area off Carquinez Scenic Drive near Crockett.

Info: (510) 525-2233

FULL CIRCLE—FROM SEED TO SEED

Botanic Garden Davidman, McConochie
9am-3pm, Mon, Jun 20
A 5-day camp for children ages 6-8 to be held in the Botanic Garden. Each day will be a program of activities relating to gardening, botany, and creatures of the garden through journal keeping, music, exploration and play.

Reg. Required: (510) 841-8732

Fee: \$180

SUNSET, MOONRISE SOLSTICE HIKE

Redwood Bethany Facendini
8-10pm, Tue, Jun 21
Absorb the beauty of a spectacular sunset and a full moon rising on the longest day of the year. We will share solstice stories and moon lore on this 3.5-mile ridgeline hike, which is uphill

on the way to the vista point. Bring inspired poetry, tales, or art if you'd like. Don't forget a flashlight, water and dress in layers. Meet at MacDonald Staging Area off Redwood Road.

Info: (510) 521-6887

CAMPGROUND TO LAKE

Anthony Chabot Gail Broesder
3-5pm, Sat, Jun 25
Meet at campground amphitheater to walk with a naturalist. We will talk about the history of the lake, plants, and animals on this down-and-up walk. Bring a full water bottle. 7-yr-olds.

Info: (510) 521-6887

BEAVERS AT BIG BREAK

Big Break Mike Moran
9:30-11am, Sun, Jun 26
See a beaver lodge and explore the life and times of the beaver and the other denizens of the rich wetlands of the Delta on this relaxing saunter along a flat, paved trail.

Reg. Required: (925) 757-2620

VOLUNTEER

PUBLIC SAFETY VOLUNTEERS

On-going volunteer programs assist District staff in the delivery of essential services, including educating trail users about trail safety, assisting the helicopter with rescues; supplementing police in patrol activities and incident response. Certifications and/or training are required for some programs. FLIGHT MEDICS, Sgt. White, Info: (510) 785-3370. BICYCLE PATROL, Bicycling PATROL, COMPANION DOG PATROL, MOUNTED PATROL, Patrick Balizan, Info: (510) 544-3133

PARK/TRAIL GUIDES

Guides are needed to assist the visually impaired in hiking on Regional Parks trails. Training provided by Bay Area Outreach Recreation Program (B.O.R.P.)

CAMP ARROYO GARDEN VOLUNTEERS

Camp Arroyo Kathy Swartz
Times and dates vary

The beautiful Camp Arroyo in Livermore is in need of a hard-working group of volunteers to assist in helping with our organic garden for children. Volunteers will be involved with the daily maintenance and planning of the garden and can choose to work with students in the garden during our environmental education program during the school year. There are many fulfilling tasks to choose from based on your skills and interests. With such a large project, any amount of time is appreciated.

Info: (925) 455-7976, ext. 13, or

kswartz@ymcaeastbay.org

APPLE ORCHARD VOLUNTEERS

Garin/Dry Creek Pioneer

Dates and times vary

Join us in preserving a precious piece of history! Since 1985, volunteers have maintained a beautiful apple orchard with over 200 trees and 160 heirloom varieties of apples. We are recruiting new volunteers to prune, weed, and fertilize this orchard to ensure its ongoing contribution to this regional park. Each year the fruits of the volunteers' labor are celebrated during the Apple Festival. The public is thrilled to sample varieties of apples that have long since disappeared from grocery shelves. Volunteers meet once a week, from 9:30 am. to 1 p.m.

Info: (510) 582-2206

LIZARD LEGIONNAIRE

Garin, Sunol Doc Quack
June-Sept., Dates and times TBA
Discover the beauty, mystery, and magic of the region's reptiles while participating in field research to conserve and manage grassland wildlife. This on-going research includes setting up research plots, traps, monitoring, vegetation survey, and hands-on data entry. Space is limited.

Reg. Required: (510) 544-2320

SCOTCH BROOM REMOVAL

Redwood
9:30am-1:30pm, Sat, Jun 7, Jun 4
Help restore beautiful Redwood Regional Park by removing scotch broom, which is displacing native plants, and planting native grasses. For information, call Jill Kiernan at (925) 756-0195.

WILDLIFE VOLUNTEERS:

BREEDING BIRD BIOLOGISTS

Various Doc Quack

6-8am, Sun, May 15, 29

Get "nose to beak" with the birds, while "conducting" fieldwork helping to manage our feathered friends. Space is limited.

Reg. Required: (510) 544-2340

SUMMER FARM VOLUNTEERS

Ardenvood

Christina Garcia 10am-2pm, Thur & Fri, June through Aug

Learn to handle the farm animals, demonstrate turn-of-the-last-century crafts and farm chores, and play old-fashioned games during our June training session. If you're at least 14 years old, enjoy working with children, and are available on weekdays, call (510) 796-0199 or email cgarcia@ebparks.org for an application.

Reg. Required: (510) 796-0199

NATIONAL TRAILS DAY

Tilden

8:30am-1:30pm, Sat, Jun 4

Help with trail rehabilitation including pruning, erosion repair, and tread improvements. This effort is an REI Service Project co-sponsored by the East Bay Area Trail Council. Bring gloves, snacks, and water. No dogs, please. 10+ yrs

Reg. Required: (510) 544-2631

WILDLIFE VOLUNTEER:

FOREST OF THE FUTURE

Coyote Hills Doc Quack

2-5pm, Sun, Jun 26

Discover the "nutty wildlife truths" about oak trees, and help the world breathe easier by tending and caring for trees. Each tree helper will receive a "Forest of the Future" patch. Parent participation is required.

Reg. Required: (510) 544-2340

EDUCATORS ACADEMY

CRUISING THE COSMOS

Sunol Katie Colbat, Cat Taylor

2:30-10pm Sat, May 21 #9280
Illuminate the magic and mystery of the night sky for your students and introduce them to the lifelong joys of naked-eye astronomy. Discover the seasons of the moon and stars, the stories and shapes hiding in the constellations, the size and structure of our heavenly neighborhood and more. Overnight creekside camping under the full moon is optional. Adults

Reg. Required: (510) 636-1684

Fee: \$45 (\$51 non-res.)

PROJECT

LEARNING TREE (PLT)

Tilden Nature Area Margaret Kelley

9:30am-4:30pm, Sat, Jun 18 #9281

PLT is an international award-winning education program focusing on worldwide forest ecology and environmental issues and designed to reach grades K through 12. Adults

Reg. Required: (510) 636-1684

Fee: \$45 (\$51 non-res.)

EDUCATOR'S PARK'N IT

SUMMER DAY CAMP

Various parks

8-30pm-4:30pm, Tue, Jun 28 Tilden #9370

Wed, Jul 6 MLK #9371, Jul 12 Tilden #9372

Jul 19 Black Diamond #9373, Jul 26 Coyote

Hills #9374, Aug 2 Ardenwood #9375

As an Educators Academy participant, you have the option of registering your child for the Park'N It Day Camp while you are attending the Educators Academy. You will have peace of mind knowing that your child is nearby under the care of experienced EBRPD camp counselors. Activities will include games, arts and crafts, naturalist programs, swimming, and more! Adults

ReReg. Required: (510) 636-1684

Fee: \$20 (\$22 non-res.)

INSECTS

AND CRAWLING CREATURES

Tilden Nature Area Alan Kaplan

9am-3:30pm, Tue-Thu, Jun 28-#9282

Discover the world of insects and their relatives in two Regional Parks, where you will collect, observe, and release insects. You'll get 101 new ideas for K-5th grade classes and outdoor activities. Adults

Reg. Required: (510) 636-1684

Fee: \$100 (\$110 non-res.)

MEMBERSHIP PROGRAM

Enjoy free parking and dog park, free swimming during swim season, free admission to Ardenwood during non-event days, members-only newsletter, discounts from Urban Park Concessions and The Picnic People (restrictions apply). For info see www.ebparks.org.

Individual Membership (valid for one person only; must be a resident of Alameda or Contra Costa counties): \$45 Regular, \$38 Senior, \$10 Senior Partner Pass, \$38 Disabled Person, \$38 Student (all categories \$60 for non-residents of Alameda or Contra Costa counties).

Family Memberships (Valid for up to 2 named adults 18+ years and up to four children 2-17 years): \$90 Regular, \$76 Senior, \$76 Disabled Person, \$76 Student (all categories \$120 for non-residents of Alameda or Contra Costa counties).

Donor Circle Membership and Philanthropy (includes one Family Membership package): \$250 Tilden Circle, \$500 Reinhardt Circle, \$750 Mott Circle, \$1,200 Sibley Circle.

To reach the Central Registrations office:

From south or east of Oakland on I-580 West, take the MacArthur/Foothill exit in San Leandro. Bear right onto Foothill; turn right on 106th Ave. and right again onto Peralta Oaks Drive. Follow it to the end. From Oakland or north or west of Oakland on I-580 East, take the 106th Ave. exit in Oakland. Take the first three left turns; this will put you on 106th Ave. From 106th, turn right onto Peralta Oaks Drive and follow it to the end.



REGISTRATION INFORMATION

NO REGISTRATION REQUIRED—Many programs do not require registration. Simply join the instructor at the location indicated in the program description. Call the phone number listed in the program descriptions if you need further information.

IN-PARK REGISTRATION—For programs requiring registration at park sites, call the number indicated in the description. Information will be provided when you call.

CENTRAL REGISTRATION—The course codes for programs that require central registration are printed in green throughout this directory. Please refer to the instructions below for registration procedures for mail-in, walk-in, or phone or fax registration.

ON-LINE: WebReg online registration for Centrally registered programs is available at www.ebparks.org.

MAIL-IN: Complete the registration form on the back cover of this directory and mail with your payment (pre-printed check or fill in the credit card info on the mail-in form) to: East Bay Regional Park District, Reservations Dept., P.O. Box 5381, Oakland, CA 94605-0381.

WALK-IN: Come to the District Headquarters between 8:30 a.m. and 5 p.m. Mondays through Fridays. We are located at 2950 Peralta Oaks Court in Oakland, next door to the Dunsuir House and south of the Oakland Zoo off I-580. See map above.

FAX: Complete the registration form on the back cover and fax it to (510) 635-5502. Include all the necessary credit card information.

BY PHONE: Phone registration requires a credit card. Call the Reservations Office between 8:00 a.m. and 5:00 p.m. Mondays through Thursdays, and 8:00 a.m. and 4 p.m. on Fridays. The Reservations Office is closed on weekends and holidays. Please call the phone number for your area:

Oakland (510) 636-1684 Hayward (510) 538-6470 Contra Costa Co. (925) 676-0192 Outside East Bay (510) 636-1684 Livermore (925) 373-0144 TDD (510) 633-0460

SPECIAL RECREATIONAL FACILITIES AND PROGRAMS

FACILITIES AND PROGRAMS

	PARK	OPERATOR	PHONE
Archery - Field and Target	Briones	Briones Archers	(510) 724-3814
Archery - Field and Target	Redwood	Redwood Bowmen Assoc.	(510) 530-0400
Bike Rentals	Del Valle	Windsurf Del Valle	(925) 455-4008
Boat Rentals	Del Valle	Urban Park Concessions	(925) 449-5201
Boat Rentals	Shadow Cliffs	Park Vending and Concession	(925) 846-9263
Boat Rentals	Lake Chabot	Lake Chabot Park Company	(510) 582-2198
Camping (groups)	Various Parks	East Bay Regional Park District	(510) 562-2267
Camping (families)	D'Valle, A. Chabot, Sunol (EBRPD)	(510) 562-2267	
Dog Wash	Pt. Isabel	Mudpuppy's Tub & Scrub	(510) 559-8899
Golf, Driving Range, Food, Banquet	Lake Chabot	Willow Park Inc.	(510) 537-8999
Golf, Driving Range, Food, Banquet	Tilden	American Golf	(510) 848-7373
Hang Gliding - Experienced Flyers	Mission Peak	Wings of Rogallo	(408) 476-2227
Blacksmiths	Ardenwood	Scott Thomas	(510) 790-9060
Horse Arena	Martinez Shoreline	Martinez Horsemen Association	(925) 228-8210
Horse Arena	Redwood	Judith Castro	(510) 336-0850
Horse Boarding Barn, Lessons	Anthony Chabot	Chabot Stables, Sara Cray	(510) 569-4428
Horse Boarding Barn, Lessons	Little Hills	Las Trampas Stables	(925) 838-7546
Horse Boarding Barn, Lessons	Redwood	Piedmont Stables	(510) 531-9944
Horse Boarding Barn, Lessons	Anthony Chabot	Skyline Ranch Equest. Center	(510) 336-0850
Horse Day Camp	Las Trampas	Las Trampas Stables	(925) 838-7546
Horse Day Camps	Castle Rock	Adventure Day Camp	(925) 937-6500
Horse Rentals, Trail Rides and Lessons	Little Hills	Las Trampas Stables	(925) 838-7546
Horse Rentals, Trail Rides	Sunol	Sunol Pack Station	(925) 862-0175
Manshipship - Target & Skeet	Anthony Chabot	Chabot Gun Club	(510) 569-0213
Meeting and Club Activities	Martinez Shoreline	Martinez Sportsman Club	(925) 228-5638
Meeting and Club Activities	Martinez Shoreline	Martinez Pigeon Club	(925) 228-8222
Meetings, Weddings and Banquets	Tilden	Brilliant Brass	(510) 540-0220
Meetings, Weddings and Banquets	Kennedy Grove	Regional Parks	(510) 540-0220
Meetings, Weddings and Banquets	Temescal	Regional Parks	(510) 540-0220
Meetings, Weddings and Banquets	MLK Jr. Shoreline	Regional Parks	(510) 540-0220
Merry-Go-Round, Children's Parties	Tilden	Terri Holliman	(510) 524-6773
Model Boat Facility	Ala Creek Quar.	Model Mariners	www.name9.com
Model Railroad - 5 Scales and Museum	Miller Knox	Golden State Model RR Museum	(510) 234-4884
Native Plants	Tilden	NativeHere Nursery	(510) 549-0211
Native Plants	Conquinze	CREEC	(510) 787-9772
Picnics (groups)	All Parks	East Bay Regional Park District	(510) 562-2267
Picnics, Parties and Events (groups)	Castle Rock	Picnic People	(925) 462-1400
Picnics, Parties and Events (groups)	Little Hills	Picnic People	(925) 462-1400
Picnics, Weddings, Food (groups)	Ardenwood	Picnic People	(925) 462-1400
Pony Rides, Kid's Parties, Day Camps	Tilden	Camey Thompson	(510) 527-0421
Railroad - Rides, and Museum	Ardenwood	Society to Preserve Carter Bros.	(510) 796-9560
Trains - Model Steam Engine	Tilden	Golden Gate Live Steamers	(510) 486-0623
Trains - Steam Train Rides	Tilden	Redwood Valley Railroad	(510) 548-6100
Waterslide, Food, Group Picnics	Shadow Cliffs	Shadow Cliffs Association	(925) 829-5600
Windsurfing - Rentals and Lessons	Del Valle	Windsurf Del Valle	(925) 455-4008
Windsurfing - Rentals and Lessons	Crown Beach	Boardsports	(415) 258-9283

VISITOR CENTERS

ARDENWOOD

34600 Ardenwood Blvd.
Fremont, CA 94555-3645

(510) 796-6663

BLACK DIAMOND

MINES

5175 Somersville Road
Antioch, CA 94509
(925) 757-2620

BOTANIC GARDEN

Tilden Regional Park
Berkeley, CA 94708
(510) 841-8732

COYOTE HILLS

8000 Patterson Ranch Rd.
Fremont, CA 94555-3502
(510) 795-9385

CRAB COVE

VISITOR CENTER
1252 McKay Avenue
Alameda, CA 94501-7805
(510) 521-6887

DEL VALLE

7000 Del Valle Road
Livermore, CA 94550
(925) 862-2601

GARIN

1320 Garin Avenue
Hayward, CA 94544-6822
(510) 795-9385

SUNOL-OHOLONE

P.O. Box 82 (on Geary Road)
Sunol, CA 94586
(925) 862-2601

TILDEN NATURE AREA

Environmental Education Center (EEC) at Tilden Regional Park
Berkeley, CA 94708
(510) 525-2233

SWIM FACILITIES

LAKE ANZA

Tilden Regional Park
Berkeley, CA 94708
(510) 843-2137

CONTRA LOMA

1200 Frederickson Lane
Antioch, CA 94509
(925) 757-0404

CULL CANYON

18627 Cull Canyon Road
Castro Valley, CA 94552
(510) 537-2240

DEL VALLE

7000 Del Valle Road
Livermore, CA 94550
(925) 372-0332

DON CASTRO

22400 Woodrow Ave.
Hayward, CA 94541
(510) 538-1148

QUARRY LAKES

2250 Isherwood Way
Fremont, CA 94535
(510) 795-4883

ROBERTS POOL

10570 Skyline Blvd.
Oakland, CA 94619
(510) 482-6028

SHADOW CLIFFS

2500 Stanley Blvd.
Pleasanton, CA 94566
(925) 846-3000

LAKE TEMECULA

6502 Broadway Terrace
Oakland, CA 94610
(510) 652-1155



East Bay Regional Park District
Attention: Reservations
2950 Peralta Oaks Court, P.O. Box 5381
Oakland, CA 94605-0381
FAX (510) 635-5502

Mail or FAX

May-June 2005 Mail-in Registration
On-Line Registration: www.ebparks.org/events

Make checks payable to: EBRPD

MasterCard VISA

Amount \$ _____

Expiration date _____

Name (parent or guardian if under 18)

Address _____

City _____ Zip _____

() Day phone () Night phone

email address _____

Authorized signature _____

Participant's Name	Birthdate	Class Title	Code	Date	Fee
Month/Day/Yr		First Choice			
		Second Choice			
		First Choice			
		Second Choice			

Day Camp Scholarship Fund—provides subsidized day camp experiences for inner-city youth. (Optional) \$1
Subscribe to this publication (Regional in Nature) (Optional) \$5

Submit additional registrations on an attached sheet Total \$ _____

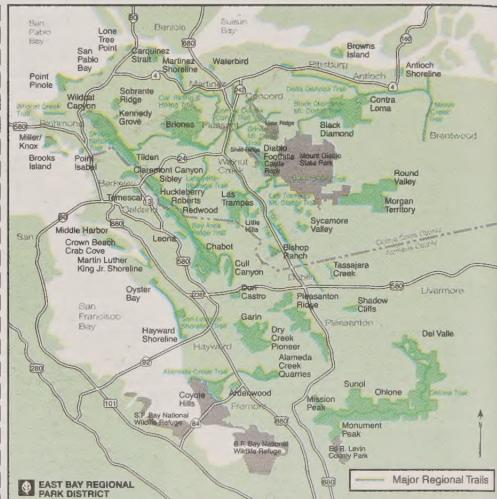
Signature required _____ Date _____

Parent or guardian if under 18

Please check here if you are disabled and in need of special accommodations

How did you hear about our programs? TV Newspaper Visitor Center Radio Other

Office Use Amount paid _____ Check no./cash _____ Register no. _____ Staff initials _____



MEMBERSHIP

A PROGRAM OF THE
REGIONAL PARKS FOUNDATION



Enjoy the many beautiful treasures of the East Bay Regional Park District. Membership is a cost-effective way to make frequent visits to your favorite parks and trails.

Benefits for all Membership Packages

- Personalized Membership Cards for each named adult/teen
- Unlimited Day-Use Parking for each paid adult
- One annual dog pass (good for one dog)
- Free swimming during the swim season
- Free admission to Ardenwood on non-event days
- Subscriptions to Regional in Nature (an activities newsletter) and The Key (a members-only newsletter)
- 50% discount on off-season camping (October through April)
- Discounts from Urban Park Concessionaires
- Discounts from The Picnic People
- The option of purchasing additional features to accompany your Membership

Individual Membership

Regular	\$45
Senior (62 years or older)	\$38
Senior Partner Pass	\$10
Disabled Person	\$38
Student	\$38

Family Membership

Regular	\$90
Senior (62 years or older)	\$76
Disabled Person	\$76
Student	\$76

For residents outside Alameda and Contra Costa Counties,

Individual Membership in all categories \$60

Family Membership in all categories \$120

To purchase a Membership, or for more information, see www.ebparks.org,
email members@ebparks.org, or call Heather Marlais (510) 544-2203.

East Bay Regional
Park District
2950 Peralta Oaks Court
Oakland, CA 94605-0381